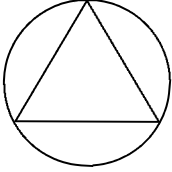


# MOUNTAIN DOIN'S

Central Office Newsletter

# OCTOBER 2009



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)  
NCMCO 206 Park Place Offices. 70 Woodfin Place Asheville, NC 28801  
Phone: (828) 254-8539 Email: [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net)  
[www.ashevilleaa.org](http://www.ashevilleaa.org) [www.district71nc.org](http://www.district71nc.org) [www.aawnc80.org](http://www.aawnc80.org)  
OFFICE HOURS: 10:00AM—1:00PM, Monday thru Friday (closed major holidays)

\$\$\$ HELP YOUR CENTRAL OFFICE SAVE MONEY ON POSTAGE \$\$\$

If you'd like to receive the *Mountain Doin's* and *Where & When* by email in PDF format, please send your e-mail address to [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net). Thanks!

## Central Office is Stretching Your Dollars



Your Mountain Central Office is financially dependent on the groups in districts 70, 71 and 80 for its operation. The General Service Office in New York has recommended that groups should give about 50% of the amount set aside for giving to their local central office after all the group's expenses are paid. The most recent Central Office treasury analysis has revealed giving from January-August 2008 was \$16,303.68 from the groups. In 2009 the giving from January-August has totaled \$13,648.00. This is a reduction of about 15%. Despite this reduction in financial support your central office, through cost cutting and other methods, is faring very well at the present time and managing to maintain a modest income. The NCMCO Board is pleased with the way things are being run at Central Office.

-George D. NCMCO Board of Directors

### Visit Central Office

### For Our Clearance Sale

Journals, Book Lights, Bookmarks, and more—50% off orig. price

The *Mountain Doin's* is *your* newsletter. Contributions of articles, jokes, poems, and any other material or suggestions are most welcome. Please be sure to provide us with any events your group or district is having so we can inform all about it. Also, remember to send in your group members' anniversaries including the date. (Note--we don't keep them from year to year.) **The deadline for submissions is the first of the month prior to the issue month.** For example, the cutoff for the June issue is May 1st. If you have flyers for your event please submit an electronic version in MS Word, Adobe Illustrator, PageMaker, or Acrobat PDF, or call Central Office if you're not sure how to send us your flyer. You can email Central Office at: [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net). Please contact our Office Manager, at: 828-254-0454 or 800-524-0465.

**Mountain Doins** is published monthly as an informational service to all A.A. members in western North Carolina Districts 70, 71, and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.

NCMCO Board of Directors  
NEEDS YOUR HELP!!!

# NCMCO Board Secretary *Still* Needed

The Secretary takes minutes for COR and board meetings and then sends them to each of the groups in Western North Carolina. You will be a voting member of our Board of Directors.

Please help us to get important information out to all of our groups!

**If you'd like to volunteer for this position,  
please call the Central Office: (828) 254-8539**



## Central Office Phone Log *AUGUST 2009*

A.A. Crisis: 4  
General Information: 10  
Family Help: 3  
Meeting Information: 77  
Central Office Business: 46  
Referrals for Medical Help, Detox,  
Hospital, Etc.: 0  
Visitors: 82

A request from a tele-service volunteer: If anyone has any information on low-cost or free emergency animal boarding for people in crisis please call the Central Office.

### Central Office Profit and Loss *August 2009*

<b>Income</b>	
Sales Income	
Conference Approved	2,134.82
Non-Conference Approved	783.64
Sales Tax, S&H	154.50
Total Sales Income	3,072.96
<b>Other Income</b>	
Group Contributions	1,555.96
Individual Contributions	0.86
Total Other Income	1,556.82
<b>Total Income</b>	<b>4,629.78</b>
<b>Cost of Goods Sold</b>	
Conference Approved	-1,555.64
Non-Conference Approved	-473.20
Total Cost of Goods Sold	-2,028.84
<b>Expense</b>	
Freight	29.00
Editor	100.00
Copier Rental	18.47
Office Supplies	102.20
Payroll Expenses	710.77
Postage	21.50
Rent	435.00
Sales Tax	148.57
Answering Service	0.00
Internet and Telephone	251.44
<b>Total Expenses</b>	<b>-1,816.95</b>
<b>Net Income</b>	<b>783.99</b>
Working Capital	
Savings/Prudent Reserve	4,890.24
Checking	1,343.26
Petty Cash	150.00
<b>Total</b>	<b>6,383.50</b>

# Group Donations



Group	August	YTD	Group	August	YTD
Acceptance Group		\$861.72	Log Cabin		
Against All Odds			Lunch Bunch-Sylva		
Andrews			Maggie Valley		
Ash. Big Book Step Study	\$105.91	\$184.24	Maple Grove		\$104.69
AWOL		\$10.00	Marion AA		
Back to Basics		\$350.00	Mars Hill		\$230.00
Bethel Up the River			Marshall		\$50.00
Big Town		\$209.69	Men's Attitude Adjust.		
Black Mtn. Group		\$85.00	Mid-Day	\$52.75	\$503.55
Blue Ridge		\$70.00	Mill Spring		\$45.00
Brevard Serenity		\$150.00	Mission of Sylva	\$50.00	\$100.00
Brevard Sylvan Valley			Monday Night Open		\$244.79
Bryson City		\$80.00	Mountain View		\$180.00
Burnsville		\$100.00	Mountainside		
Came To Believe		\$50.00	Murphy Big Book		\$40.00
Candler KISS		\$150.00	New Day		
Cashiers Valley		\$298.20	New Hope		
Chunn's Cove Men's		\$175.00	No Name		
Clyde		\$75.00	No Nonsense		
Columbus		\$150.00	No Place Like Home		
Common Sense Group		\$176.74	Nuevos Amigos		
Conscious Contact Ash.		\$1,255.97	Nuevos Despertar		
Conscious Contact Saph.			Old Fort		
Cullowhee Valley			Pathfinders		\$32.52
Cumberland		\$320.00	Pisgah		
Daily Decisions		\$335.39	Plan B		\$150.00
Day by Day	\$336.88	\$888.96	Practicing Principles		\$190.00
District 71 CFC		\$100.00	Principles	\$7.16	\$11.63
Dry Dock			Recovery By The River		\$107.65
Early Bird		\$657.70	Renacimiento		
Edneyville		\$40.00	Roundtable		\$147.50
11-11-11			Safe & Sound		
Fellowship		\$312.90	Second Chance		\$33.30
Fireside		\$250.00	Seniors on Sobriety	\$75.00	\$75.00
Fletcher		\$1.73	Serenity- Waynesville		
Fourth Dimension		\$40.00	Serenity Seekers- Marion		\$113.00
Franklin			Serenity Service	\$50.00	\$400.00
Friday Women's			Sisters in Sobriety		
Good Livers		\$305.00	Six O'Clock Open Group		\$133.07
Grace Grp Asheville		\$400.00	Speed Bump	\$100.00	\$200.00
Grace Grp Waynesville	\$440.00	\$440.00	Spruce Pine		\$50.00
Grace of God		\$20.00	Steppin' Up		
Hand in Hand		\$250.00	Sunshine	\$50.00	\$100.00
Happy Hour	\$150.00	\$300.00	Sylva		
Hayesville			Three Alarm		\$90.00
Hayes. Lunch Bunch			Thurs. Afternoon Women's		
Hendersonville	\$20.00	\$80.00	Total Surrender	\$20.00	\$40.00
High Noon			Traditional		\$150.00
Hilltop			Tryon Thurs.		
Hot Springs			Tryon Tues.		
Joy of Living		\$94.97	Tuesday Night Men's BB	\$31.03	\$62.17
Kanuga	\$22.50	\$90.00	Upward		\$30.00
Lambda		\$172.50	West Asheville		\$100.00
Ledger			Women of Courage		\$278.00
Leicester		\$50.00	Women of Grace		\$30.00
Library		\$35.00	Young People's Group	\$41.63	\$254.37
Locked in Forward		\$40.00			

# October Birthdays

## Against All Odds

Tom W.	10/08/07	2 years
Wayne P.	10/31/84	25 years

## Asheville Big Book Step Study

Linda K.	10/08/88	21 years
Ed S.	10/15/05	4 years
Rosanne G.	10/15/05	4 years

## Conscious Contact Group

Dan E.	10/01/06	3 years
Roy W.	10/01/90	19 years
Rick M.	10/03/00	9 years
Mike H.	10/05/83	26 years
Steve M.	10/08/04	5 years
Joyce B.	10/10/04	5 years
Paul E.	10/11/07	2 years
Bruce G.	10/13/05	4 years
Marti W.	10/19/79	30 years
Patricia S.	10/22/06	3 years
Susie B.	10/23/08	1 year
Susan H.	10/24/94	15 years
Eileen S.	10/31/99	10 years

## Cumberland Group

John F.	10/05/98	11 years
Stephanie F.	10/10/07	2 years
Alec B.	10/15/07	2 years
Isara D.	10/28/99	10 years

## Fletcher Group

Scott J.	10/03/86	23 years
Kris J.	10/04/86	23 years
Jim E.	10/16/90	19 years
Spanky L.	10/25/03	6 years

## Fellowship Group

Jim S.	10/01/05	4 years
Linda E.	10/03/75	34 years
Greg H.	10/05/07	2 years
Mary Ann M.	10/08/08	1 year
Peggie M.	10/08/84	25 years
Joyce B.	10/10/04	5 years
Mary R.	10/15/06	3 years
Sharon O.	10/15/90	19 years
George C.	10/15/87	22 years
Sean R.	10/22/01	8 years
Clarence H.	10/27/82	27 years
Katy D.	10/31/82	27 years
Perry T.	10/31/88	21 years

## Grace Group

Esaias J.	10/09/92	17 years
Susan M.	10/10/01	8 years
Larry F.	10/12/06	3 years
Tammy M.	10/12/06	3 years
Rufus L.	10/15/08	1 year
Charles B.	10/18/02	7 years
Michael F.	10/21/04	5 years
Erin K.	10/22/06	3 years
Alex S.	10/22/08	1 years

Dennis R.	10/25/08	1 year
Carolina S.	10/30/07	2 years
Katy D.	10/31/82	27 years
Carolyn K.	10/31/83	26 years
Clark L.	10/31/07	2 years

## Hand in Hand Group

Nita L.	10/10/87	22 years
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## Happy Hour Group, Hendersonville

Brad W.	10/02/05	4 years
Kim B.	10/04/86	23 years
Betty S.	10/19/99	10 years

## Hendersonville Group

Kristin M.	10/04/05	4 years
John S.	10/07/01	8 years
Debbie M.	10/10/03	6 years
Jo P.	10/16/84	25 years
Bette S.	10/19/99	10 years
Stan S.	10/20/86	23 years
Rick H.	10/31/84	25 years

## Mid Day Group in Hendersonville

Russ E.	10/11/92	17 years
David E.	10/14/06	3 years
Debbie K.	10/22/05	4 years
Rob L.	10/22/05	4 years
Joanie B.	10/22/94	15 years
Kim B.	10/24/86	23 years

## Traditional Group

Chad F.	10/03/02	7 years
Charles C.	10/11/04	5 years
Bob M.	10/12/08	1 year
Maurice H.	10/27/77	32 years
Wayne C.	10/31/84	25 years

## Upward Group

Patty A.	10/05/07	2 years
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## Women of Grace

Carole W.	10/14/06	3 years
Landon G.	10/22/89	20 years

## Young People's Group

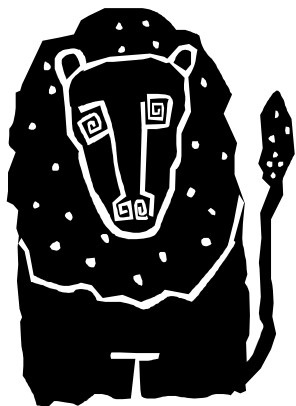
Anna L.	10/13/08	1 year
Michael I.	10/26/03	5 years



Please send us your birthday announcements at least one month prior to the anniversary date. You may send in several months at a time. The deadline for November Birthdays is Oct. 1. We don't keep them from year to year so you must send them in for each year.

Email to [NCMCO@bellsouth.net](mailto:NCMCO@bellsouth.net)

God,  
Grant me the  
Serenity to  
accept the  
things I cannot  
change



The Courage  
to change the  
things I can



And the Wisdom  
to know the  
difference

# RESTLESS, IRRITABLE AND DISCONTENT

by Valerie K., Hendersonville, NC

Receiving divine guidance and inspiration isn't a rare occurrence in my life any more and only leads to an ever growing faith and trust in my Higher Power. On this particular day, I was clinging by my finger tips to my sobriety when the realization "struck". I love when clarity hits and I can recognize and gain some understanding of *why* I am the way I am which in turn, leads me along the path of self discovery to *who* I am! In this instance, my eyes were opened wide and all of a sudden I had a true awareness of what exactly RID (Restless Irritable and Discontent) is. Knowing doesn't relieve me of these symptoms, but the awareness and recognition are nothing less than liberating.

Restless, Irritable and Discontent is exactly the way I had been feeling for quite some time. The difference is, I was unable to connect the dots until just recently. It isn't my fault that these past few months I haven't had the ability to really concentrate on one project, task at hand or thought. It isn't because I want to be short or irritable with people and it certainly isn't because I want to be an unhappy person moving through my day feeling miserable with a negative complaining attitude.

It wasn't my choice to be an alcoholic. It hasn't made my life easier being an alcoholic but at least now, because of Alcoholics Anonymous, I can open that tool box, which is never far from me, reach in and grasp one of the many available possibilities I have learned to utilize. I can also understand why I drank. Nothing else would relieve the agitation racing through and around my brain.

No, none of this is self inflicted—it is the result of a disease called alcoholism. The realization, new understanding and acceptance that seemed to flow through my entire being that day was almost comparable to a cleansing. I am sick. I can admit to this. I am an alcoholic and these are the symptoms of my disease! I feel lighter, happier. I think I can even stop beating up on myself—at least until the next time. For now my innocence is shining through. I feel vindicated, having courageously struggled my way deeper along that dark, narrow, twisting passage way towards emerging as Madame Butterfly!

## MEETING CHANGES

**New Time:** Arden Wed now 6:30pm Living in the Solution, St Barbarus Cath 109 Crescent Hill

**Format Change:** Cashiers Mon. 5:30pm Cashiers Valley Group now OBBD

**New Meeting:** Sylva Wed 12:00 Noon Lunch Group Jackson County Community Center 538 Scotts Creek Rd (OD)

**Name Change/Correction:** Waynesville Thur 6:00pm Serenity Sisters Group First UMC Old Parsonage House 140 Academy St (WOD)

# It's About Living

Fall 2009

Pig Picking in the Mountains

October 9, 10 & 11

Camping, Food, Fun and Fellowship

Mortimer Campground

(In Pisgah Nat'l Forest, East of Spruce Pine)

[www.forestcamping.com/dow/southern/pisgcmp.htm](http://www.forestcamping.com/dow/southern/pisgcmp.htm)

BBQ - Saturday 5:00pm

(Bring a Covered Dish)

AA Open Speaker Meeting - 7:00pm

Friday and Saturday Nights

Contact: Myrna J. 828 754-0960 OR Bob B. 828-437-8721



## Area 51

# FALL 2009 ASSEMBLY

October 9-11, 2009

Raleigh

All GSR's Please Plan to Attend

Open to all A.A. Members

Hilton North Raleigh

3415 Wake Forest Road (Exit 10 off I-440 Beltline)

Raleigh, NC 27609-7316

Hotel Reservations: Group Code: GSF

Toll-Free: (800) 445-8667

Web Site: [www.NorthRaleigh.Hilton.com](http://www.NorthRaleigh.Hilton.com)

## AREA BIZ MEETINGS

### District 70 Business Meeting

**NOTE MEETING ON FIRST SUNDAY DUE TO STATEWIDE GSR MEETING**

October 4, 2:30pm (No eating meeting today)

St. Luke's Church

219 Chunns Cove Rd, Asheville

### District 71 Business Meeting

Saturday Oct 3, 2009

Biz Meeting 2:00

Speaker 4:00

Potluck Dinner: 5:00

Etowah United Methodist Church  
(open to all Dist 71 AA Members)

### QUARTERLY C.O.R. MEETING

The next COR (Central Office Rep) meeting

Sunday October 25 @ 2:00 pm

Mt. Pisgah Lutheran Church in Hendersonville on Hwy 64E past Howard Gap Rd.  
(main H'ville exit off I-26) 1 mi down on the right



## HIAWASSEE GRATITUDE DINNER

### 4th Annual Mountain Gratitude Dinner

Nov 7

5pm Fellowship

6pm Eat

*New Location:* Family Life Center, McConnell Baptist Church  
Hiawassee, GA.

More Details to follow...Tickets on sale soon!

Save the Date!

# Cherokee NATIVE AMERICAN

# AA CONVENTION

## NOV 12-15

# Would you like a subscription to *Mountain Doin's*?

Contact Central Office: (828) 254-8539 or [ncmco@bellsouth.net](mailto:ncmco@bellsouth.net)

## **Mountain Doin's Annual Subscriptions:**

### **Groups:**

2 copies mailed monthly

No charge

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*Deliver by mail*

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10 additional copies

\$20.00 per year

\$37.50 per year

15 additional copies

\$25.00 per year

\$48.00 per year

20 additional copies

\$30.00 per year

\$65.00 per year

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Single copy monthly

\$7.00 per year

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**70 Woodfin Place**

**Asheville, NC 28801**

Group &/or Individual Name \_\_\_\_\_

Street/P.O. Box No. \_\_\_\_\_

Town, State and Zip Code \_\_\_\_\_

Amount enclosed \_\_\_\_\_

North Carolina Mountain Central Office

206 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

Address correction requested

Town and Zip Code